



ADVENTURE AWAITS!



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GUIDE FOR
DAY, SPORT, AND
SPECIALTY CAMPS
AT LAKESHORE
SPORT & FITNESS
JUN 4 – AUG 31

WELCOME! CAMP LAKESHORE 2018

LSF CAMP MISSION STATEMENT:

To operate fun and engaging programs while fostering the physical, emotional and social well-being of our participants. We promote achievement, character building, experiential learning and independence that lead to lifelong healthy living. LSF Camps give campers an experience that will last a lifetime.

LSF GOALS FOR CAMPERS:

These goals foster an environment that supports all campers and staff, ensuring a strong feeling of belonging for all members of the LSF family!

- To Be Safe, Secure & Confident
- To Foster Lifelong Skills & Values
- To Build Relationships
- To Become Better Leaders
- To Explore Interests & Have Fun!

CAMP STARTS HERE!

2018 Session Dates:

Week 1: Jun 4-8

Week 2: Jun 11-15

Week 3: Jun 18-22

Week 4: Jun 25-29

Week 5: Jul 2-6*

*No Camp Wed, Jul 4th

Week 6: Jul 9-13

Week 7: Jul 16-20

Week 8: Jul 23-27

Week 9: Jul 30-Aug 3

Week 10: Aug 6-10

Week 11: Aug 13-17

Week 12: Aug 20-24

Week 13: Aug 27-31

CAMP HOURS:

We offer half day and full day programming, as well as extended hours. We offer flexible registration options, which allows participants to register for a single day of camp, pick and choose multiple days, a week of camp or entire summer of camp. Each camp start and end time can be found on their camp page in this brochure.

EXTENDED HOURS:

Pre-Camp: 7:30am-9:00am

After-Camp: 2:30pm-6:00pm

Our extended day programs offer quality care for your child before and after the camp day. Activities include sports, arts and crafts, a snack and more!

REGISTRATION OPTIONS:

To register your child for camp, visit www.LakeshoreSF.com. All registration options are available online.

Please call or email us with any questions!

- LPCamp@LakeshoreSF.com
- LPRacquets@LakeshoreSF.com
- Stingrays@LakeshoreSF.com



CAMP AT-A-GLANCE

PARENTS' PEACE OF MIND: CAMP STAFF

Our quality staff sets LSF apart from others! Our camp staff are carefully selected for their enthusiasm, experience and professionalism. All of LSF Camp's staff are extensively trained before camp begins, mastering our policies and procedures, CPR/First Aid, as well as how to effectively work with and develop, youth.

Our staff to camper ratio is 1:8 or lower. Pee Wee Camp is 1:4.

Each camper is carefully placed in an age appropriate group that has consistent leaders throughout the summer. Each group has a Team Lead, who has had a great amount of experience working with kids, typically in the fields of education, recreation or a specialty sport. Many of our counselors attended LSF Camps as kids, so they carry on long lasting traditions and special events.

SUMMER FULL OF FUN: ACTIVITY LINE UP

All LSF camps are based in our 185,000 square-foot state-of-the-art athletic facility, including a large outdoor rooftop play area and indoor/outdoor pool. All camps make use of the surrounding neighborhood's parks and people, as well as many exciting locations in the Chicagoland area as creative and innovative fieldtrips, which are a big part of the LSF camp experience.

FLEXIBLE OPTIONS FOR FAMILIES

Parents can sign up for just a day, a week, or the entire summer! We are one of few camps in the area to offer a daily registration option for our traditional day camps. Campers can arrive as early as 7:30am and stay until 6:00pm, with Pre Camp and After Camp options.

Lunch & snack are included daily (snack only for half day camps). Fieldtrip days will include a cold sack cold sack lunch, while hot healthy lunches, designed by our Executive Chef, are provided throughout the rest of the week. If children have allergies, dietary restrictions or are picky eaters, we will prepare a safe meal for these campers. LSF Camps are NUT-FREE.

We provide programming for 2 through 17 year olds, and are the perfect option for the entire family. Parents can work out, pick up the kids from camp and grab dinner at our outdoor restaurant, Harvest.



REGISTRATION INFORMATION

PAYMENT DETAILS

To reserve your spot in camp, a non-refundable deposit of \$25 per camp day is required. LSF Camps offer flexible registration options, which allow you the freedom to move and add or delete days between now and April 30th. May 1st is the deadline for all cancellations. The final payment is due May 15th. No refunds will be issued after May 15th.

DISCOUNT DETAILS

Lakeshore offers a 10% discount for each sibling after the first. This discount applies to all camp programs, including Pre Camp and After Camp. Early bird, promotional or discounts other than sibling discounts do not carry over when adding additional days or weeks of camp. Multiple discounts can be applied to each campers' account.

EXTENDED DAY REGISTRATION OPTIONS

Parents are welcome to register for Pre Camp & After Camp or you can simply use it as a drop in program. Registration for Pre Camp and After Camp opens online on March 1st. If you need to adjust your registered days, please email us at LPCamp@LakeshoreSF.com.

	Daily Rate	Weekly Rate
Pre Camp:	\$15	\$75
After Camp:	\$30	\$150

DROP IN POLICY

Due to our full enrollment and meal preparation we require all camp days to be requested and confirmed by the Friday prior to the week of the new dates being added. Added dates must be requested via email to LPCamp@LakeshoreSF.com and a confirmation will be emailed in return. **Any camper who attends camp without prior confirmation and/or is signed up after 3pm on Fridays for the following week, will be charged a last-minute convenience fee of \$50 per child, per day.**

MAKE-UP POLICY

All missed days must be reported, via email, by 12pm on the day of the absence. Failure to report the missed day will result in the forfeiture of that camp day.





CAMP OPTIONS

As you register, simply select your child's age and if you want a half day or a full day program. We'll group the campers based on their ages. You'll receive the name of your child's group during parent orientation.

2018 SESSION DATES

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Jun 4-8	Jun 11-15	Jun 18-22	Jun 25-29	Jul 2-6*	Jul 9-13	Jul 16-20
Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	
Jul 23-27	Jul 30-Aug 3	Aug 6-10	Aug 13-17	Aug 20-24	Aug 27-31	

*No Camp Wed, Jul 4th



Traditional Camps	Camp Times	Grades	Ages	Week												
				1	2	3	4	5	6	7	8	9	10	11	12	13
Pee Wee	9 – 12:30		2 – 4													
Half Day	9 – 12:30		3.5 – 5													
Full Day	9 – 3	PreK – 6	3.5 – 12													
Sports Camps	Camp Times	Grades	Ages	Week												
				1	2	3	4	5	6	7	8	9	10	11	12	13
Tennis Camp AM Half Day	9 – 11:30	K – 7	4 – 13													
Tennis Camp PM Half Day	12 – 2:30	K – 7	4 – 13													
Tennis Camp Full Day	9 – 2:30	K – 7	4 – 13													
Bulls Youth Academy	9 – 12	1 – 3	5 – 8													
Bulls Youth Academy	1 – 4	4 – 6	9 – 12													
Stingrays Swim Camp	8 – 3:30	3 – 12	8 – 18													
Camp 48	Camp Times	Grades	Ages	Week												
				1	2	3	4	5	6	7	8	9	10	11	12	13
Adrenaline 1.0	9 – 4	4 – 8	9 – 14													
Future Chefs	9 – 4	4 – 8	9 – 14													
Sweet Home Chicago	9 – 4	4 – 8	9 – 14													
Horseback Riding	9 – 4	4 – 8	9 – 14													
Water Park Week	9 – 4	4 – 8	9 – 14													
Sleepaway Ranch	9 – 4	4 – 8	9 – 14													
Adrenaline 2.0	9 – 4	4 – 8	9 – 14													
Into the Wild	9 – 4	4 – 8	9 – 14													
Best of the Best!	9 – 4	4 – 8	9 – 14													



CAMP RATES

Traditional Camps	Daily Member Cost	Daily Guest Cost	Weekly Member Cost	Weekly Guest Cost
Half Day Camps	\$59	\$79	\$295	\$395
Full Day Camps	\$99	\$129	\$465	\$600
Sports Camps	Daily Member Cost	Daily Guest Cost	Weekly Member Cost	Weekly Guest Cost
Tennis Camp Half Day	\$59	\$79	\$295	\$395
Tennis Camp Full Day	\$99	\$129	\$465	\$600
Bulls Youth Academy	N/A	N/A	\$299	\$350
Stingrays Swim Camp	N/A	N/A	\$725	\$795
Camp 48	Daily Member Cost	Daily Guest Cost	Weekly Member Cost	Weekly Guest Cost
Camp 48	N/A	N/A	\$650	\$775



TRADITIONAL HALF DAY CAMPS

PEE WEE

Ages: 2-4 years Dates: June 4th – August 31st Times: 9:00am – 12:30pm M-F

Pee Wee is a half day academic enrichment based program for ages 2-4. All camp activities are led by teachers who are experienced in Early Childhood Education. Our PeeWee's focus on academic enrichment each day by practicing letters, shapes, numbers and colors. Music & yoga are offered weekly and swim lessons are offered 5 days a week. Campers receive a morning snack each day, which always includes a fresh fruit and a bagged snack. Staff to camper ratio is 1:4.

HALF DAY CAMP

Ages: 3.5-5 years Dates: June 4th – August 31st Times: 9:00am – 12:30pm M-F

Our half day traditional camp groups are a great introductory camp for our younger participants, ages 3.5-5. Camp activities are our special activities that take place daily. All campers explore their interests in the areas of sports, art, theater/drama, music, and more! We hire specialists in each of these areas to plan and lead activities. Each week is theme-based with a special event or guest speaker to match! Swimming takes place 5 days a week – our instructors provide swim lessons twice a week and fun swim happens three times a week. A lifeguard is always on duty and all counselors swim with the campers. Campers receive a morning snack each day, which always includes a fresh fruit and a bagged snack. Campers will visit a local park each week. All campers must be potty-trained.





TRADITIONAL FULL DAY CAMPS

FULL DAY CAMPS

Ages: 3.5-12 years Dates: June 4th – August 31st Times: 9:00am – 3:00pm M-F

Our full day traditional camp groups are our largest and most popular summer camp options, dedicated to campers ages 3.5-12. This program runs daily from 9:00am-3:00pm, with extended day options. Campivities are our special activities that happen each week. All campers explore their interests in the areas of sports, art, theater/drama, music, fitness, science and more! We hire specialists in each of these areas to plan and lead the activities. Swimming takes place 4 days a week – our instructors provide swim lessons twice a week and fun swim happens twice a week. A lifeguard is always on duty and all counselors swim with the campers. Campers receive lunch and a snack every day. Wild Wednesdays are a very special day each week – from Camp Prom, to all Camp Olympics to Water Wars and a Luau Cookout, we spend Wednesdays together as a full camp with silly games and special events. Fieldtrips happen weekly! Some of our favorite line ups for this summer include: Comedy Sportz Improv Show, Enchanted Castle, Mystic Waters, Legoland, Pump It Up and more! All campers must be potty-trained.

COUNSELOR IN TRAINING

Ages: 13-17 years Dates: June 25th – August 17th
Times: 9:00am – 3:00pm M-F

Join our CIT program for 13-17 year olds and use the summer to prepare for the best position in the world, Camp Counselor! The day is spent with a morning meeting, helping campers through the first half of the day, and team building exercises, debriefs and trainings in the afternoon. CIT camp runs the same hours as all LSF day camps, and is for teens who have been to camps and are truly interested in future summer camp employment. Must love kids and have a lot of patience!

Cost is \$200 weekly for members or \$250 weekly for guests.



SPORTS CAMPS: TENNIS CAMP

TENNIS CAMP

Ages: 4-13 years Dates: June 4th – August 31st
Full Days : 9:00am – 2:30pm M-F
Half Days: 9:00am – 11:30am or 12:00pm – 2:30pm M-F

Lakeshore Tennis Camp is a uniquely designed recreational program which accommodates the beginner and intermediate level player. Our Tennis Camp is geared for 4-13 year old campers and we offer flexible registration options, including half day and full day options. We will use all QuickStart and 10 & Under Tennis teaching methods in conjunction with experienced development methods for competitive and successful Jr. High School performance.

Campers will be divided into groups based on age and ability to best maximize education and activity. Our team of tennis professional and counselors will focus on improving technique, movement, footwork and knowledge of tennis strategy. We focus on the importance of development while learning to enjoy the challenges of tennis.

We offer a mix of instruction, cooperative, competitive and rally based drills, in addition to conditioning, games and competitions. Campers will learn new and existing tennis activities daily, as well as create lasting memories and develop lifelong relationships!

Campers who attend the full day program will receive lunch and a snack each day. They also have optional fun swim every afternoon. Campers will have the option to play chess, create artwork and origami, play soccer, basketball and tennis baseball.





SPORTS CAMPS: BULLS BASKETBALL YOUTH ACADEMY

BULLS BASKETBALL YOUTH ACADEMY

Ages: 5-12 years Dates: July 9th – July 27th
Rookie Camp (Ages 5-8) 9:00am – 12:00pm M-F
Veteran Camp (Ages 9-12) 1:00-4:00pm M-F

Let the Chicago Bulls teach you how to play like a Champion! The Bulls Academy creates a fun, safe, and invigorating environment, teaching the games of basketball, maximizing the skills and building of self-esteem of each boy and girl with who they have contact. Bulls Academy is dedicated to fulfilling the dreams of the kids while providing employees with a meaningful and positive work environment. As a result, love grows for the games in the community and creates new Bulls fans each and every day.

Each camp participant, along with one guest, will be invited to the United Center for a Q&A session with a Bulls' personality and a current and/or former Bulls player! Also, during the camp each player will compete in the Bulls Skills Competition. At the end of the summer, the top three contestants will compete in the finals on the floor of the United Center, home court of the Chicago Bulls (dates TBD).



SPORTS CAMPS: STINGRAYS SWIM CAMP

STINGRAYS

Ages: 8-18 years Dates: June 11th – June 16th, June 25th – June 30th, July 9th – July 14th
Full Days : 8:00am – 3:30pm M-F, Half Days: 1:00pm – 4:30pm Sat
Location: Lincoln Park Lakeshore Facility

This summer the Stingrays Swim Team will be running 3 six day swim camps. These camps will include a variety of beneficial aspects for swimmers with a wide range of abilities, including a focus on the development of specific strokes each day, race video analysis, nutritional classes, visualization training and team building activities. A three time Olympian, Sebastien Rousseau, will be a guest coach during specific days of the camps, providing advice, swimming with the athletes and sharing stories of his experiences. All coaches are current USA registered coaches with a wealth of personal experience in the water as well as time coaching on deck. Space will be limited to maintain a strong coach to swimmer ratio, insuring a focused environment for individual attention and feedback.

Two meals are included daily and campers will receive special take-aways, such as a picture with Sebastien, custom swim cap, water bottle and t-shirt. This is a great camp for swimmers looking to get a competitive edge for the Summer Swim season.

Join us in making you the best swimmer you can be! For more information, contact us at Stingrays@LakeshoreSF.com.





SPECIALTY CAMPS: CAMP 48

CAMP 48

Grades: 4th-8th grades Dates: June 25th – August 31st

Full Days: 9:00am – 4:00pm M-F

Camp 48 is LSF's fieldtrip based specialty camp program for 4th-8th grades! These camps are designed to pique the interest of our LSF kids who feel they are ready to take on new and exciting challenges, all summer long! Not only is the entire week designed to engage the older kids and keep them wanting more, but Camp 48 is also unique in that it is held almost entirely outside of the club. Most weeks will consist of a different field trip, each day of the week. We'll travel around the Chicagoland area to seek out the best adventures and highest quality experiences! Daily lunch included. Weekly registration is required.

Adrenaline 1.0 June 24th-29th

A week full of exciting, heart-pumping, thrill seeking, skill building activities! We'll be going rock climbing, zip-lining, paintballing, go cart racing and capping off the week with an extended day field trip to 6 Flags Great America on Friday! Start the summer off right and get your heart racing this week!

Future Chefs July 9th-13th

We'll be guests in several different kitchens around the city this week and learn directly from their chefs! Each day will feature a different cuisine or cooking technique. We'll get to see how it all happens from behind the scenes at some of our favorite restaurants and we'll even get a special lesson from our very own LSF Executive Chef, using the kitchen at our downtown location. On Friday, we invite the families of our campers to come join us for dinner that our young chefs will be making!



Sweet Home Chicago July 16-20th

Your family lives in the city, but do you take full advantage of it? Do your kids get a chance to see the best sights and visit the best attractions that Chicago has to offer? This week, we're hitting all the hot spots - Sky Deck, Millennium Park, Navy Pier, and more! And we want to go where the kids want to go! On the first day of the week, the kids will get to have a say and vote on where we go for our Friday field trip! Will it be the Shedd Aquarium? Wrigley Field? Join this camp to find out!

Horseback Riding July 23rd-27th

Participants will get a wide range of horse handling experience from riding a multitude of different ways/styles (bareback, backwards, side saddle, walking, trotting, galloping and more), to feeding the horses and learning all about caring for them. This is a comprehensive and progressive week of full-day lessons that will get the kids exploring their animal loving instincts.

Water Park Week July 30th-August 3rd

Summer is almost over and school is right around the corner, which means it's time for one last hurrah! A week filled with all water parks, all the time! Five of Chicagoland area's best water parks are on the lineup for this week. Let's soak up as much summer as we can!

Sleepaway Ranch August 6th-10th

Join Camp 48 for an entire week away at sleepaway camp! We'll head to a ranch resort for a full week of the outdoors – horseback riding, fishing, boating, archery, camp fires, log cabins and so much more! Campers and staff will leave at 9am on Monday morning and return Friday evening. Cost for this week of camp is \$1,500 per camper, which is worth every moment of sleepover fun!

Adrenaline 2.0 August 13th-17th

We are at it again – join us for a second week of thrill seeking fun as we head back to rock climb, zip-line, go cart race and more! At the beginning of the week, the kids will vote for the Thursday & Friday activities!

Into the Wild August 20th-24th

Shake off that city dust and get ready for a week of adventurous, outdoorsy exploration. Featuring kayaking, rock climbing, hiking and fishing – this week of camp will be unlike any other! Survival skills such as fire building, campfire cooking and compass reading will have your kids ready to take you on an expedition into the jungle, by the week's end!

Best of the Best! August 27th-31st

All of our favorite activities wrapped into one week! We'll have the campers vote for each fieldtrip location this week and visit our very favorites one last time! Will it be go karts or rock climbing? Or cooking & the beach? We'll wrap up the summer the best way we know how – with the kids in charge of our destinations!



2018 Camp Lakeshore
June 4, 2018 to August 31, 2018
Adventure Awaits!